



Sue Mazrolle, MSRD, LDN

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Sue Mazrolle can help you and your family, contact her directly at:

[\(413\) 531-3490](mailto:SueMazrolle@gmail.com)

Store Tour

Event Table

Cooking Demo

Support Group

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE FEBRUARY 2018

February 2

Don't Get Sacked by Game Day Snacks

5:00 – 7:00 PM

**Wilbraham Big Y
2035 Boston Road**

Tired of the same old chicken wings and pizza? Huddle around Sue's event table to up your game day offerings. She'll hand off an assortment of tasty tips for you to snap up.

February 10

Pancake Power

10:00 AM – 12:00 PM

**East Longmeadow Big Y
441 North Main Street**

Everyone loves pancakes! Stop by to sample some of our favorite variations and learn tips to pack more nutritional punch into your pancakes.



February 20

Heart Month Heroes

11:00 AM – 1:00 PM

**Ludlow Big Y
433 Center Street**

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



February 6

Gluten-Free Support Group

6:00 – 7:00 PM

**West Springfield Big Y
503 Memorial Avenue**

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.



February 17

Heart-Healthy Eating

10:00 – 11:30 AM

**West Springfield Big Y
503 Memorial Avenue**

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



February 9

Best Tips for Weight Loss Success

5:00 – 6:00 PM

**Amherst Big Y
175 University Drive**

Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love.



February 19

Cardio Kitchen 101: Super Soups

6:00 – 7:30 PM

**West Springfield Big Y
503 Memorial Avenue**

The weather may be frightful, but a bowl of soup will warm you from the inside out. Learn how simple it is to make soups that fit perfectly into your heart-healthy diet.



February 28

Living With Diabetes

5:30 – 6:30 PM

**Springfield Big Y
300 Cooley Street**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways.

Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.